



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Brandt, Raphael

Club: Velten  
Number: 16

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:59:11

Speed: 8.77 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 333 (of 456)

Rank in course/Men: 295 (of 399)

Best time in course: 1:39:03

Rank in category: 29(of 32)

Best time in the category: 1:39:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:45	6:35	30	9:10	324	9:14	3.30	21:45	6:35	5	2:16	292	9:10
Schlüsie	3.10	22:56	7:23	29	9:31	304	9:34	6.40	44:41	6:58	5	5:38	295	18:41
Hermannsklippe	2.60	21:05	8:06	29	9:25	298	9:32	9.00	1:05:46	7:18	5	8:55	292	28:06
Brocken	3.10	33:45	10:53	25	15:21	271	15:44	12.10	1:39:31	8:13	5	12:12	295	43:27
Eiserner Handwe	3.60	21:35	5:59	28	9:29	289	9:32	15.70	2:01:06	7:42	5	14:33	295	52:56
Schlüsie	4.10	20:21	4:57	26	9:23	276	9:23	19.80	2:21:27	7:08	5	16:32	295	1:02:19
Loddenke	3.10	17:25	5:37	28	8:01	297	8:01	22.90	2:38:52	6:56	5	19:32	295	1:10:20
Ilseburg/Markt	3.30	20:19	6:09	30	9:48	322	9:48	26.20	2:59:11	6:50	29	1:20:08	295	1:20:08